

# JANUARY 2026

MONDAY

TUESDAY

WEDNESDAY

5		6		7	
Guided Legacy Writing pg.5 @2:00pm	Life After Cancer Group pg.4 @1:00pm	Music is Therapy pg.5 @11:00am		Card Making pg.5 @1:00pm	
Women's Support Group pg.4 @4:00pm	Chair Yoga pg.6 @1:30pm				
	Men's Support Group pg.4 @2:30pm				
12		13		14	
Book Club pg.6 @2:00pm	Chair Yoga pg.6 @1:30pm	Yoga for Breast Cancer pg.6 @10:00am		Journey of Hope pg.4 @11:00am	
		Card Making pg.5 @1:00pm			
19		20		21	
Guided Legacy Writing pg.5 @2:00pm	Life After Cancer Group pg.4 @1:00pm	Yoga for Breast Cancer pg.6 @10:00am		Music is Therapy pg.5 @11:00am	
Women's Support Group pg.4 @4:00pm	Chair Yoga pg.6 @1:30pm	Card Making pg.5 @1:00pm			
	Men's Support Group pg.4 @2:30pm				
26		27		28	
Book Club pg.6 @2:00pm	Chair Yoga pg.6 @1:30pm	Yoga for Breast Cancer pg.6 @10:00am		Journey of Hope pg.4 @11:00am	
		Card Making pg.5 @1:00pm			

# PENETANGUIHENE

THURSDAY

FRIDAY

WEEKEND

8		9		10	
Knitting & Crocheting with Friends pg.5 @10:00am	Cooking for Cancer pg.6 @10:00am				
Caregivers' Support Group pg.4 @12:30pm	Cancer Talks pg.7 @11:30am				
Body Balance pg.6 @1:30pm	Soup for the Soul pg.6 @12:30pm				
Yoga Nidra (Virtual) pg.7 @7:00pm					
15		16		17	
Knitting & Crocheting with Friends pg.5 @10:00am	Smudging and Healing from an Indigenous Perspective pg.7 @11:00am				
Body Balance pg.6 @1:30pm	Seated Massage pg.3 @1:00pm, 1:20pm, 1:40pm & 2:00pm				
Yoga Nidra (Virtual) pg.7 @7:00pm					
22		23		24	
Knitting & Crocheting with Friends pg.5 @10:00am	Cooking for Cancer pg.6 @10:00am				
Caregivers' Support Group pg.4 @12:30pm	Cancer Talks pg.7 @11:30am				
Body Balance pg.6 @1:30pm	Soup for the Soul pg.6 @12:30pm				
Yoga Nidra (Virtual) pg.7 @7:00pm	Seated Massage pg.3 @1:00pm, 1:20pm, 1:40pm & 2:00pm				
29		30		31	
Knitting & Crocheting with Friends pg.5 @10:00am	Smudging and Healing from an Indigenous Perspective pg.7 @11:00am				
Body Balance pg.6 @1:30pm	Reiki pg.3 @12:30pm, 1:45pm & 3:00pm				
Yoga Nidra (Virtual) pg.7 @7:00pm					

# FEBRUARY 2026

MONDAY

TUESDAY

WEDNESDAY

2		3		4	
Guided Legacy Writing pg.5 @2:00pm	Women's Support Group pg.4 @4:00pm	Life After Cancer Group pg.4 @1:00pm	Chair Yoga pg.6 @1:30pm	Men's Support Group pg.4 @2:30pm	Yoga for Breast Cancer pg.6 @10:00am
					Music is Therapy pg.5 @11:00am
					Card Making pg.5 @1:00pm
9		10		11	
Book Club pg.6 @2:00pm		Chair Yoga pg.6 @1:30pm			Yoga for Breast Cancer pg.6 @10:00am
					Journey of Hope pg.4 @11:00am
					Card Making pg.5 @1:00pm
16		17		18	
The Centre is CLOSED <i>Family Day</i>		Life After Cancer Group pg.4 @1:00pm	Chair Yoga pg.6 @1:30pm	Men's Support Group pg.4 @2:30pm	Yoga for Breast Cancer pg.6 @10:00am
					Music is Therapy pg.5 @11:00am
					Card Making pg.5 @1:00pm
23		24		25	
Book Club pg.6 @2:00pm	Reiki pg.3 @12:30pm, 1:45pm & 3:00pm	Chair Yoga pg.6 @1:30pm			Yoga for Breast Cancer pg.6 @10:00am
					Journey of Hope pg.4 @11:00am
					Card Making pg.5 @1:00pm

# PENETANGUISHENE

THURSDAY

FRIDAY

WEEKEND

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Knitting & Crocheting with Friends pg.5 @10:00am	Caregivers' Support Group pg.4 @12:30pm	Body Balance pg.6 @1:30pm	Yoga Nidra (Virtual) pg.7 @7:00pm	Cooking for Cancer pg.6 @10:00am	Cancer Talks pg.7 @11:30am
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					Soup for the Soul pg.6 @12:30pm
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Knitting & Crocheting with Friends pg.5 @10:00am	Body Balance pg.6 @1:30pm	Yoga Nidra (Virtual) pg.7 @7:00pm			

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